# CERTAINE GODLY RVLES,

concerning Christian practise, *fit to bee obserued dayly, in the liues of all those that would be saued.*

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Gathered out of the holy Scriptures, for the good of all those, which *haue a purpose within themselues to leade a godly life.*

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1634.

Certa, ...ules,

*concerning* ...n

Practise.

1 EVery Morning so soone as thou awake, remember the Lord early in thy bed, and let thy Soule send by the wing of Faith, a thanksgiuing, as the first fruit of the Morning: let this bee done vpon the instant of thy awaking, before thy soule bee stayned with sinne: See therefore thou obserue & doe this: for them that honour mee, I will honour saith the Lord.

Psal. 53. 45 6.

Psal. 50. 23.

1. Sam. 2. 30.

2 Being now risen out of thy bed, make hast to offer vnto God, thy Morning sacrifice of Prayer and thanksgiuing, (with this care that no one of thy family be wanting.) In which Sacrifice remember thou giue hearty thanks

1 Thes. 5. 8.

to God for mercies and benefits bestowed on thee, whether Spirituall or Temporall, and forget not to be thankfull for thy late preservation this night past: & making an humble confession of all thy sins, see thou sorrow for them: and if thou canst not sorrow, bee troubled then in spirit with griefe because thou canst not mourne.

Heb. 10. 22. And after an earnest desire of pardon, aske those necessaries fervently, which are requisite either for thy soule or body, as also desire a blessing upon thy labours the day following. And having made an end of this thy duty, see thou rise up in the assurance of Faith, that God for his Christs sake hath accepted of thy sacrifices, and hath put away all thine offences: stand then, and hold thee still by Fayth.

Heb. 11. 6. For without Faith, it is unpossible to please God.

Ier. 23. 24. ☞ 3 In what place soever thou

thou art, be fully [illegible]d in thy minde, that thou [illegible]st in the presence of the liuing God: Let the remembrance heereof, worke in thee reuerence to his Maiesty, loue to his Children, and feare of offending. Prou. 15. 2. Cor. 2. 17. Act. 13. 33

☞ 4 Make conscience of idle, vayne, vnhonest, and vngodly thoughts: for these are the rootes from whence sin hath it first being, for which cause suffer not these to grow in the Garden of thy Soules Paradise, but speedily plucke them forth, that so God may delight to rest and walke in thee, not onely at Euen-tide, but all the dayes of thy life: See therefore no care be lacking to preuent Sinne before it come to action: For wicked thoughts were a cause, that the wrath of God came vpon the Children of disobedience. Deut. 4. 12. Iere. 4. 14. Mar. 7. 21. 22 23. Gen 6. 5. 6. 7.

5 Be fully perswaded in mind, that thy present estate is best for

thee, [illegible]perity or ad-
Luk. 12.22. 23.24. uersity [illegible]er poore, or rich,
because it is of the good prou-
dence of God, & without his Will,
nothing befalleth his Children,
Mat. 10 29 30. 31. let this be the staffe of thy Soule,
leane thou still on the Lord by
Heb. 13.5. 6. Faith: For he hath sayd, I will ne-
ver leave thee, nor forsake thee.

Ephe. 5. 4. ☞ 6 Put away ieasting, with
foolish talking, remembring this,
thou keepe thy tongue from euill,
Psal. 34.12 13. and thy lippes that they speake no
Pro 10.19. and 17. 7. and 18.21. guile: for in many words there
cannot want sinne: therefore to
refraine, is discretion: and when
Iames. 3. thou peakest, to speake the truth,
is wisedome: for death and life
are in the power of the tongue, &
they that loue it, shall eate the
Mat. 12.36. fruite thereof; for by thy wordes
thou shalt be iustified, and by thy
words thou shalt bee condemned.

1. Pet 48. ☞ 7 Indeuour to haue fer-
uent

nent loue: for ... ereof is 1.Ioh.4.
sweet, it coucreth ... altitude of
sinnes: for this cause loue thyne e-
nemy, for so thou art commanded, Mat 5.43.
and if hee wrong thee, wrong not 44.45.
thy selfe by reuenging (for it is Rom.12.14.
written, Vengeance is mine, and I 17.18.19.
will repay sayth the Lord:) learne 20.21.
therefore and obserue, that to hurt
thyne enemy, is to doe him good,
& so doing, thou shalt heape coales
of Fire vppon his head; Bee not
therefore ouercome of euill, but o-
uercome euill with goodnesse.

8 Take heede of Anger, for it Ecle.28.12.
causeth strife: a soft answer ap-
peaseth wrath: For as a Fire
(mans nature) if thou blow it, it Pro.14 29
will kindle, but if thou spit on it,
it shall be quenched: but if pa-
tience be wanting, this Fire will
flame: seeke peace then with all
men, if possibly thou canst, for
change of wordes gendreth strife:
therefore silence (as water) is fit- Rom.2.8.
test

Iam.1.19. 20. test for [illegible] note, the wrath [illegible] doth not accomplish the righteousnesse of God.

9 To doe good and to distribute, forget not, for with such sacrifice God is well pleased. Wherefore stoppe not thine eare at the cry of the poore, least thou likewise cry, & God will not heare: and when thou doest good, remember this, bie no discomfortable wordes, neither rayling speeches (as the manner of some is: for iudge ye. Is not a good word more acceptable then a great gift? and a gracious man giveth them both, but a foole reproobeth churlishly, forgetting this, whatsoever you would that men should doe to you, euen so doe ye to them, for this is the Law and the Prophets.

Heb.13.16. Rom.12.13 Pro.21.13 Pro. 17.5 Eccle.18. 14.16.17. Mat.7.12.

☞ 10 See that in word, and conversation of life, thou become a president for others to imitate: let this be done without hypocri-

Pro.15.16.

sie,

sie and [illegible] ...ges to keepe a good [illegible], for this will bring a man peace at the last. Psal. 3. 37.

☞ 11 Practise in thy life true humility, for GOD resisteth the proud, and giveth grace to the humble. For what have we, which we have not received? Oh what is dust, that wee should bee proud? Learne therefore meekenesse by the example of our Saviour Christ, who though he were God yet tooke hee vpon him the shape of a Servant, in which forme he sayd, learne ye of mee, that I am meeke, and lowly in heart. 1. Pet. 5 5 Iam. 1. 16 17. Phil. 2. 7. 8. Mar. 11. 29. Reu. 3. 20.

12 If at any time a good motion doe rise in thy mind, suffer it not to goe forth vnblowed, but cherish it, eyther by reading, meditating, or praying, for this is a sparke of Gods grace; now the meanes to make this sparke become a fire, is chiefely Prayer. Cant. 5. 4. 5. 9. 2. Cor. 3. 5. 1 Thes. 5. 19

13 Whensoever thou fallest into sinne, Ephe. 4. 26. 27.

sinne, sp[illegible]uer thy selfe a-
Heb. 3.12. gayne by [illegible]ance, and lye not
13.14. therein with the dead, but rise a-
gaine by Fayth in Christ as being
alive to God.

Eccle.7.36. ☞ 14 Whatsoever thou ta-
kest in hand, remember thine end,
Deut.32.29 so shalt thou never doe amisse, if at
all tymes thou esteeme the day of
thy life, as the day of thy death:
for there is nothing so certayne
Psal. 39.4. as it, and there is nothing so vn-
certayne as the time of it: be ther-
Mar.13.35. fore sober and watching, that
36. Christ at his comming may finde
thee waking; and for thy better
watch, let this sound be alwaies
in thine eares: Arise ye dead, and
come forth to Judgment.

☞ 15 So spend the Sabbath
Exod.20.8. all thy life, that thy soule at death
Exod.31. may rest in blisse: no worke there-
14. in see thou doe, save workes of ho-
[illegible]5 16.17. nour approved by that day, as to
[illegible]35.2.3. feede the hungry, cloath the na-
ked

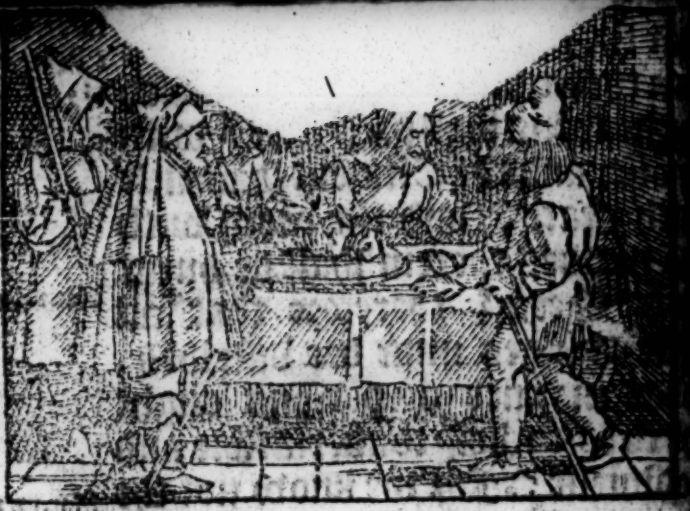
ked, visite [illegible] af- Mat.25.34
flicted: doe th[illegible] Soule 35.36.
shall live. Haue a [illegible] thou fast Ier.4.14.
from sin, for holinesse becom meth
the Day, as well in thought as in
word; as well in word as in acti-
on, and thinke it not enough that Ier.17.21.
your selfe can doe thus, but also 22.23.
haue a care that your Family bee
like minded, together heare the Neh.13.15.
word with reverence, pray pub- 16.17.18.
likely and priv[illegible]tely, spend the day 19.
in holy con[illegible]erence: and let thy
soule swimme in heauenly medi-
tations: so shalt thou never bee a-
lone, for God is with thee.

16 The night being come, call Pro.28.13.
thy selfe to an acconnt, how thou 14.
hast spent the day past, thy mis-
doing repent, with this resoluti-
on in thy selfe, to spend the re-
mainder of thy life, after a better
manner, (and with a better Con-
science) then heretofore thou hast
done: let this be the whole course
of

of thy [illegible] rget not to bee thankefull to God, for those good duties, which by his assistance thou hast performed the day past.

☞ 17 Sleepe not at night, before thou hast commended thy selfe (and thy whole Family) by prayer into the hands of God, and that not lazily vpon thy bed, (as the manner of some is:) But humble thou thy Soule before the Lord, kneeling meekly on thy knees, (ha-
Mat.26.39. ving our Saviour Christ for an example, that not onely in this, but in all thinges else wee may be
Eccle.11.3 found followers of him) for what
9.8.12.14. knowest thou (if beeing fallen a sleepe) whether ever thou shalt rise againe to life, or no? take heede therefore, for as the Tree falleth so it lyeth; as death leaves thee, so shall iudgement finde thee.

☞ 18 Walke as the Children
Ephe.5.8. of light: and passe the time of your dwelling heere in feare, knowing that

that the day of [illegible] me 1.Pet.1.17
as a theefe in the n[illegible] which 2.Pet.3.10.
the heavens shall passe away with 11.
a noise, and the Element shall melt
with heate, and the earth with
the workes therein shall be burnt
vp. Seeing therefore that all Mat.24.42.
these thinges must bee dissolved,
what manner of persons ought
we to be in holy conversation and
godlinesse? For we know not the Mar.13.33.
time, neither the houre when our
Lord will come: bee yee therefore
sober: Watch and pray, (and bles-
sed is that Servant, whome his Mat.24.46
Maister at his comming, shall Mar.13.37
finde so doing.) Now those things
that I say vnto you, I say vnto
all men, Watch.

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